

Grandmother's Tabouli Salad

Ingredients:

- 3 bunches flat leaf parsley
- ½ cup chopped fresh mint
- ¼ to ½ cup fine bulgur wheat
- 1 or 2 chopped firm tomatoes
- ½ onion or 2 scallions chopped
- ½ cup extra-virgin olive oil
- ¼ cup fresh lemon juice (remove the seeds)
- salt and pepper to taste (use sea salt and natural fresh ground pepper)

Directions:

1. In a large bowl, mix bulgur wheat, chopped tomatoes, chopped onions or scallions with lemon juice, salt and pepper.
2. Set aside and let the bulgur wheat swell as it absorbs the juices while you prepare and cut the parsley and mint. (You can add a couple of tablespoons of water to the bulgur, if needed.)
3. Prepare the chopped parsley leaves (cut off the stems) and fresh mint leaves by washing thoroughly and finely chopping them.
4. Add them to the mixture of bulgur wheat, tomatoes scallions and lemon juice.
5. Add olive oil and mix, adjusting seasoning by adding more oil and lemon if desired.

Serve cold garnished with romaine lettuce and/or fresh Pita bread (flat Lebanese-style bread). This recipe serves 6 to 8 people.

Recipe Source:

This is my Lebanese Grandmothers' recipe for healthy, traditional tabouli salad that's been in the family for over 110 years. This is the authentic Lebanese tabouli which has bulgur wheat in it. There are two kinds of bulgur wheat: fine or coarse, and for tabouli Grandmother used fine. You can find fine bulgur in Lebanese/Middle Eastern grocery stores, or organic or natural grocery stores.

Shared by: Ann Sarkes, RN, OHN

Registered Dietician Notes:

Calories: 150

Protein: 1 g

Carbohydrates: 9 g

Fat: 12.8 g

Sat fat: 1.8 g

